

SENSICA

# Your 12-Week Sensilight Pro Guide

Everything you need to achieve long-lasting, professional-grade hair reduction at home.

IPL Hair Removal



# What Sensilight Pro actually does

Sensilight Pro uses **RPL (Reactive Pulsed Light) technology** to deliver intense light pulses deep into the hair follicle. The light energy is absorbed by melanin in the hair, converting to heat that disrupts the hair's growth cycle.

Over multiple sessions, treated follicles enter a dormant phase and stop producing visible hair. The built-in **SmartSensor** checks for skin tone and contact to make sure your treatment is safe and efficient.

**Set realistic expectations.** Hair grows in cycles, and IPL only affects hair in its active growth phase (anagen). This is why multiple sessions over 12 weeks are needed to catch all follicles. You will see gradual thinning, not overnight results.

## REALISTIC TIMELINE

### WEEK 2-4

#### Shedding Begins

Treated hairs fall out naturally. Growth slows. Patches may appear thinner.

### WEEK 4-8

#### Visible Reduction

Regrowth is noticeably thinner and lighter. Shaving frequency decreases.

### WEEK 8-12

#### Significant Results

Most areas show dramatic reduction. Some fine hairs may remain.

### AFTER 12

#### Maintenance

Touchups every 4-8 weeks as needed to catch any dormant follicles.

*Individual results vary based on skin tone, hair color, hormones, and consistency. Best results with dark hair on lighter skin tones (Fitzpatrick I-IV).*

# Before your first session

## Skin tone compatibility

IPL targets melanin (pigment) in hair. It works best when there is strong contrast between hair color and skin tone.

Sensilight Pro is safe for Fitzpatrick skin types I through IV.

I Very Light	II Light	III Medium	IV Olive	V Brown	VI Dark
✓	✓	✓	✓	✗	✗

### Do not use Sensilight Pro if you:

Have Fitzpatrick skin type V or VI · Are pregnant or breastfeeding · Have an active implant (pacemaker, defibrillator) · Have epilepsy or light-triggered seizure disorders · Have active skin infections, herpes, eczema, or psoriasis in the treatment area · Have tattoos in the treatment area · Have used self-tanner or had UV exposure in the past 2 weeks · Have taken Accutane in the past 6 months · Have used retinol or chemical peels in the past 3 days · Are under 18

If you have recently had laser or aesthetic treatments, are on photosensitizing medication, or have a history of keloid scarring, consult your physician first. See the full User Manual for the complete list.

## PREPARATION CHECKLIST

### Do this before every session.

#### 2 weeks before

#### No tanning

Prevents your skin from competing with hair follicles for light absorption.

#### 24-48h before

#### Shave only

Keeps the hair root present (no waxing/plucking) but removes surface hair.

#### Day-of

#### Clean skin

Prevents oils, deodorant, and lotions from reflecting light energy.

#### 2-3 days before

#### Pause actives

Reduces skin sensitivity caused by retinol, AHAs, and BHAs.

**Also:** No self-tanner for 2 weeks before treatment. DHA in self-tanners darkens the skin surface and can cause adverse reactions.

# How to treat, step by step



## 1 Shave and clean

Shave the treatment area 24-48h before. On the day, ensure skin is clean, dry, and product-free.



## 2 Choose your window

**Large** for body (legs, arms, back). **Precise** for sensitive areas (bikini, underarms, lip).



## 3 Power on

Press the power button. SmartSensor reads your skin tone. Green light = safe to proceed.



## 4 Flash the area

Press flash button. Use glide mode for large areas. Move in straight lines, slightly overlapping.



## 5 Finish and care

Apply gentle moisturizer or aloe vera gel. SPF 30+ for 48h post-treatment.



## Important

Never use on tanned, tattooed, or irritated skin. If SmartSensor shows red, do not proceed.

## REQUIRED: PATCH TEST

### *Do this once before your first full treatment.*

Shave a small test patch 24h before. Flash the area 3-5 times at the lowest level. Wait 24-48 hours. If skin looks normal (no blistering, burns, or prolonged redness), you are ready for a full session. Increase energy gradually over subsequent sessions.

# Where to use Sensilight Pro

Sensilight Pro is designed for full-body use. Switch between windows based on the area.

## Large Window (Body)



### Full Legs

Upper and lower legs. Work in straight lines from ankle to thigh.



### Arms

Full arms from wrist to shoulder. Treat each arm separately.



### Back & Chest

Large flat areas. Have someone help with hard-to-reach spots.



### Abdomen

Stomach and torso areas. Work in rows across the area.

## Precise Window (Sensitive areas)



### Bikini Line

External bikini area only. Never use on mucous membranes.



### Underarms

Small area, quick to treat. 2-3 minutes per side.



### Upper Lip

Use precision window. Avoid eyes and eyebrows.



### Chin & Jawline

Common area for hormonal hair. Treat at lower intensity.

## AFTER EACH SESSION

### Post-treatment care

- ✓ Apply gentle moisturizer or aloe vera gel to treated areas
- ✓ Apply sunscreen (SPF 30+) to any treated areas exposed to sun for 48 hours
- ✓ Continue shaving between sessions as needed (hair will shed naturally)
- ✗ Do not wax, pluck, or epilate between sessions (this removes the root IPL targets)
- ✗ Avoid direct sun exposure, tanning beds, or self-tanner for 2 weeks
- ✗ Avoid hot baths, saunas, and swimming pools for 24-48 hours
- ✗ Do not use retinol or chemical exfoliants on treated areas for 48 hours

*Mild redness or warmth after a session is normal and resolves within hours. If you experience blistering, burns, or prolonged discomfort, stop treatment and consult your physician.*

# One session per area, once every two weeks.

For the first 4 sessions, treat every 2 weeks. After that, extend to every 3-4 weeks as hair growth slows. The full treatment is typically 8-12 sessions over 6-10 months. Treat each area in the same session or split across days.

You are not removing hair. You are retraining your follicles to stop growing it.

SESSION	NOTES	DONE
<b>Start</b>	First session. Start at lowest level. Take "before" photos in natural light.	<input type="radio"/>
<b>Week 2</b>	Second session. Increase level if first session was comfortable. Hairs may start shedding.	<input type="radio"/>
<b>Week 4</b>	Third session. Noticeable thinning in treated areas. Shaving less frequently.	<input type="radio"/>
<b>Week 6</b>	Fourth session. Continue at highest comfortable level. Take progress photo.	<input type="radio"/>
<b>Week 9</b>	Fifth session. Extend interval to 3-4 weeks if growth has slowed significantly.	<input type="radio"/>
<b>Week 12</b>	Sixth session. Take "after" photos. Most users see 70-90% reduction by now.	<input type="radio"/>

## AFTER WEEK 12

### Maintaining your results

Hair reduction with IPL is long-lasting but not always 100% permanent. Hormonal changes, new hair cycles, and other factors can cause occasional regrowth. Schedule maintenance sessions every 4-8 weeks as needed.

#### Common mistakes to avoid

<b>Waxing between sessions</b>	Waxing, plucking, or epilating removes the hair root that IPL targets. Shave only.
<b>Treating tanned skin</b>	Tanned skin absorbs more light energy, increasing burn risk. Wait 2 weeks after sun exposure.
<b>Skipping sessions</b>	Gaps longer than 4 weeks can significantly delay your results, as you miss the active hair growth cycle. Stick to the schedule for the best reduction.
<b>Expecting instant results</b>	Treated hairs take 1-2 weeks to shed. Let them fall out naturally.

# Your Sensilight Pro session at a glance

Tear this page out or screenshot it. This is all you need before every session.

## Your Session



### TREATMENT AREAS

Full body: legs, arms, bikini, underarms, face, chest, back



### FREQUENCY

Every 2 weeks (first 4 sessions), then every 3-4 weeks



### SESSION LENGTH

~15 min full legs · ~5 min smaller areas



### DURATION

12 weeks initial, then maintenance as needed



### WINDOWS

Large (body) + Precise (sensitive areas)



### POWER

Cordless, rechargeable. Unlimited flashes.

## Prep & Aftercare



### BEFORE

Shave 24-48h before · Clean, dry skin · No products



### AFTER

Moisturize · SPF 30+ for 48h · No sun/tanning 2 weeks

## Safety



### SMARTSENSOR

Reads your skin tone automatically. Green = safe, Red = stop



### NEVER DO

Wax, pluck, or epilate between sessions

## RESULTS



Results are long-lasting with periodic maintenance. Most users see 70-90% reduction after the 12-week protocol.

## Questions? Need support?

[support@sensica.com](mailto:support@sensica.com) · [sensica.com](https://sensica.com)

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*This guide is intended for use alongside the Sensilight Pro User Manual. Always follow all safety instructions and contraindications provided with your device. Individual results vary. Not suitable for Fitzpatrick skin types V-VI, red, grey, white, or very light blonde hair.*